

CREAMY MARIVEG TOSCANA VEGETABLE STIR-FRY OVER PASTA

Servings: 4

- Prep Time: 15 minutes
- Cook Time: 15-20 minutes

For the Pasta:

- 300 g short pasta (penne, fusilli, or farfalle)
- Salted water for boiling



For the Sauce & Veggies::

- 300-400g mixed vegetables (e.g. zucchini, bell pepper, cherry tomatoes, broccoli, mushrooms)
- 150g Mariveg Toscana Sauce
- 100ml heavy cream or plant-based cooking cream
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 clove garlic, minced
- Salt and pepper to taste
- Fresh basil or parsley (optional)

SCOBIESDIRECT.com



Instructions:

1. Cook the Pasta - Boil pasta according to package instructions until al dente. Reserve ½ cup of pasta water before draining.
2. Sauté the Vegetables - In a large skillet or wok, heat olive oil over medium-high. Add onion and garlic and sauté until fragrant. Add chopped vegetables and stir-fry for 5-7 minutes until tender-crisp.
3. Add Sauce & Cream - Stir in Mariveg Toscana and heavy cream. Let simmer 3-4 minutes until slightly thickened. If needed, add a splash of reserved pasta water for a silkier texture.
4. Combine with Pasta - Toss the cooked pasta into the sauce, mix well, and let everything heat together for 1-2 minutes.
5. Serve - Plate and garnish with chopped basil or parsley. Add Parmesan or plant-based cheese if desired.